



FOX CHASE CANCER CENTER INFUSION THERAPY GUIDE FOR PATIENTS

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CANCEL OR CHANGE YOUR APPOINTMENT

FOX CHASE-TEMPLE UNIVERSITY HOSPITAL OUTPATIENT SERVICES

(Located on the Fox Chase Cancer Center Main Campus)

- If you need to cancel or reschedule a follow-up appointment, please contact us as soon as possible, at least 24 hours in advance, at **215-728-2600**.

FOX CHASE CANCER CENTER EAST NORRITON – HOSPITAL OUTPATIENT CENTER

(Located on the campus of Suburban Community Hospital)

- If you need to cancel or reschedule a follow-up appointment, please contact us as soon as possible, at least 24 hours in advance, at **610-275-1517**.

After business hours and on weekends, please call one of the numbers above and press 0 for the main operator, or call the hospital main number at **215-728-6900**.

CONTACT YOUR CARE TEAM

If you have medical questions while you are at home, please call **215-728-4300** during weekdays (Monday–Friday, 8:30am–5pm). You may talk to someone live, or your call will go to voice mail. Please leave a message with your name, medical record number, date of birth and the reason for your call. Be sure to tell us the best phone number to reach you. A nurse will call you back on the same day. For an urgent problem after business hours or on a Saturday, Sunday, or holiday, call **215-728-4300** and press 0 for the main operator, or call the hospital main number at **215-728-6900**.

Cover: Martin J. Edelman, MD

All Fox Chase Cancer Center buildings are smoke free. Please respect our smoke-free policy.

Fox Chase Cancer Center and Temple University Hospital are committed to providing a safe environment for our patients, visitors and staff. As such, it is our policy to prohibit the personal possession of firearms and all other weapons in our building(s) or property. We request that our patients, visitors and staff refrain from bringing weapons of any kind.

Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

Non-discrimination notice: It is the policy of Fox Chase Cancer Center and Temple University Hospital, that there shall be no exclusion from, or participation in, and no one denied the benefits of, the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.



Hossein Borghaei, DO, MS

WELCOME

Infusion therapy is a key part of any cancer treatment plan. Fox Chase Cancer Center and Temple University Hospital provide infusion services for our patients who need chemotherapy, non-chemotherapy infusions, and hydration and blood product transfusions. By choosing us for your infusion therapy needs, you are choosing world-renowned institutions known for research and innovation in cancer treatment.

Our team approach to care means our medical oncologists work with your entire group of specialists to provide the best possible treatment plan for your specific type of cancer. This includes systemic therapies, such as targeted therapy, immunotherapy, hormone therapy or chemotherapy, either as standard of care or as part of a clinical trial.

Our highly trained team includes doctors, oncology-certified nurses, nurse practitioners, physician assistants, therapists, nurse educators, registered dietitians, social workers, pharmacists, and other specially trained staff. Together, we're committed to delivering excellent care along with emotional support, advice, and coping strategies when you need them most.

This guide is designed to help both you and your family get ready for your infusion therapy. We're here to help you in any way we can—before, during, and after your treatment.

FOX CHASE CANCER CENTER ACCREDITATIONS



COMPREHENSIVE CANCER CENTER

Fox Chase Cancer Center holds the highest designation from the National Cancer Institute (NCI) as a Comprehensive Cancer Center. These elite centers are recognized for excellence in cancer treatment, research, prevention, and education.



NATIONAL COMPREHENSIVE CANCER NETWORK

Fox Chase Cancer Center is a founding member of the National Comprehensive Cancer Network (NCCN), a not-for-profit alliance of leading cancer centers. NCCN centers are at the forefront of cancer diagnosis, treatment and supportive care, and lead the way in conducting groundbreaking research.



THE JOINT COMMISSION

Fox Chase Cancer Center is accredited by The Joint Commission. Accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.



LOCATIONS

FOX CHASE - TEMPLE UNIVERSITY HOSPITAL OUTPATIENT SERVICES

(Located on the Fox Chase Cancer Center Main Campus)
333 Cottman Avenue
Philadelphia, PA 19111-2497
888-FOX-CHASE (888-369-2427)

FOX CHASE CANCER CENTER EAST NORRITON – HOSPITAL OUTPATIENT CENTER

(Located on the campus of Suburban Community Hospital)
2701 Dekalb Pike
Norristown, PA 19401
888-FOX-CHASE (888-369-2427)
Reception Desk: 610-275-1517

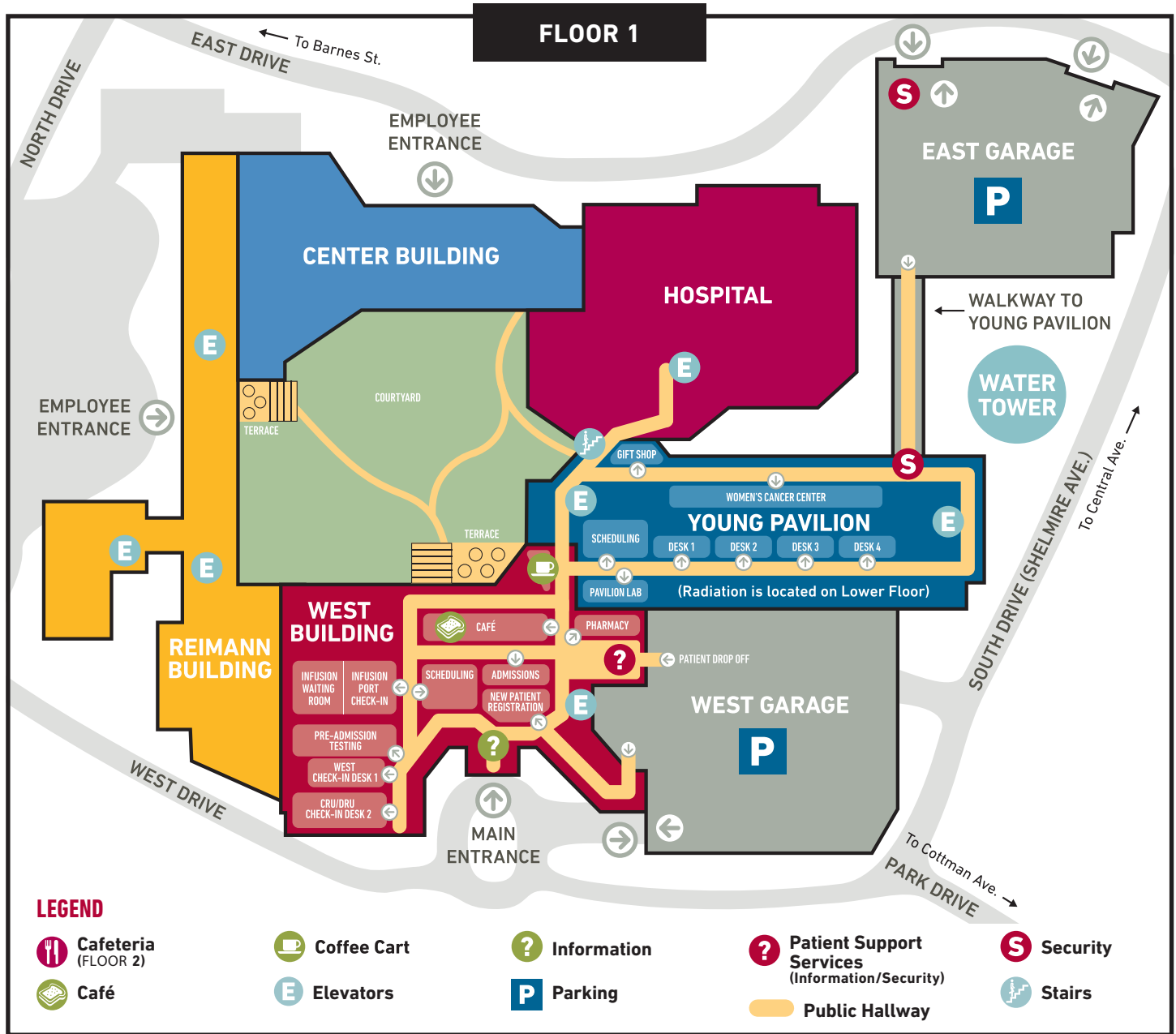
PARKING

Parking is free at our main campus and East Norriton location. The Infusion Room on the Fox Chase Cancer Center main campus is located in the West Building. You may park in the West Garage for easy access to the building. You can enter the West Building from Levels 1 and 2 of the West Garage. Patient drop-off areas are found on Level 2 of the West Garage and the circle in front of the West Building.

WHEELCHAIRS AND OXYGEN

Wheelchairs can be found at most entrances. Please stop at the Patient Support Services desk on Level 1 of the West Building for help with wheelchairs. Patients who need oxygen can borrow tanks during their visit. Before your visit, please tell your care team if you will need an oxygen tank.

FOX CHASE CANCER CENTER CAMPUS MAP



CAMPUS LOCATIONS

CENTER BUILDING

| | |
|-------------------|----------------|
| Cafeteria | FLOOR 2 |
| PET/CT Scan | FLOOR 1 |

HOSPITAL

| | |
|---------------------------------------|----------------|
| Brungard Surgical | FLOOR 3 |
| Family Waiting Suite | FLOOR 3 |
| Diagnostic Imaging | FLOOR 1 |
| Endoscopy | FLOOR 1 |
| Pre-Surgical Waiting Area | FLOOR 2 |
| Rehabilitation/Physical Therapy | FLOOR 3 |
| Speech Therapy | FLOOR 3 |

WEST BUILDING

| | |
|------------------------------------|--------------------|
| Admissions | FLOOR 1 |
| Clinical Research Unit (CRU) | FLOOR 1 |
| Coffee Cart | FLOOR 1 |
| Direct Referral Unit (DRU) | FLOOR 1 |
| Infusion/Port Check-In | FLOOR 1 |
| Medical Records | LOWER FLOOR |
| New Patient Registration | FLOOR 1 |
| Pharmacy | FLOOR 1 |
| Pre-Admission Testing | FLOOR 1 |
| Scheduling, West Building | FLOOR 1 |
| Terrace Café | FLOOR 1 |
| West Building Check-In | FLOOR 1 |

YOUNG PAVILION

| | |
|-----------------------------------|--------------------|
| ATM | FLOOR 1 |
| Boo's Boutique | FLOOR 1 |
| Mammography | FLOOR 1 |
| Pulmonary Lab | FLOOR 1 |
| Radiation | LOWER FLOOR |
| Resource & Education Center | FLOOR 1 |
| Scheduling, Young Pavilion | FLOOR 1 |
| Women's Cancer Center | FLOOR 1 |
| Young Pavilion Desk 1 - 4 | FLOOR 1 |
| Young Pavilion Lab | FLOOR 1 |

INFUSION SERVICES

Infusion services are provided to patients needing chemotherapy, non-chemotherapy infusions, hydration (given to maintain the correct amount of fluids in the body) and blood product transfusions. Our Infusion Room has 35 chairs.

COMMON INFUSION TREATMENTS

Common types of infusion treatments include:

- **Chemotherapy** is a cancer treatment that uses drugs to:
 - Kill cancer cells
 - Stop cancer cells from spreading throughout the body
 - Slow the growth of cancer cells
- **Immunotherapy** is a type of infusion that can work with a patient's immune system to attack cancer cells.

HOW TREATMENTS ARE GIVEN

Treatments can be given to patients in a variety of ways:

- Intravenously (IV)
 - Gives medicine right into your vein through a thin, plastic tube called an IV catheter. Some patients may have a peripherally inserted central catheter (also known as a PICC line) inserted into a large vein that carries blood into the heart.
- Through a port
 - A device placed in a large blood vessel while you are under anesthesia. Used to draw blood samples and give IV medicines, including chemotherapy.
 - Accessed with a needle at the start of each treatment. The needle is removed when the treatment is finished. Not all patients need a port. Your doctor will consider certain things when deciding if a port is the best option for you, like the type of drug, length of treatment, vein accessibility and your preference.
- As an injection into a disease mass
- By mouth through a pill or liquid
- As a cream that is rubbed into a person's skin

The type of infusion therapy you get is based on:

- Your type of cancer
- Your stage of cancer
- Your overall health
- Other treatments you have had

PATIENT TREATMENT PLAN

Each patient treated in the Infusion Room has a treatment plan from their healthcare provider. The plan includes:

- Drug therapy and treatment schedules
- Blood work and test information
- Side effect and symptom management information

INDIVIDUALIZED TREATMENTS

Each patient's cancer diagnosis is unique. For that reason, each patient's treatment is unique as well. Your experience with treatment will not be the same as others. As you read through this booklet, please keep in mind that some sections may not apply to you or your treatment plan. For specific treatment information based on your diagnosis, talk with your care team.

To learn more, visit [FoxChase.org/Infusion](https://www.FoxChase.org/Infusion) or [cancer.gov/publications/patient-education/chemo-and-you](https://www.cancer.gov/publications/patient-education/chemo-and-you).



Francis Micucci, RN

YOUR CARE TEAM

In treating cancer, we take a team approach to your care. Below is a description about the roles of the many healthcare professionals on the patient care team.

CLINICIANS

While you are here, you may meet with many clinicians.

- **Attending physicians** are the primary doctors in charge of your care.
- **Fellows** are licensed doctors who have finished training in surgery or medicine and are here for additional training.
- **Residents** are doctors who are finishing training in medicine, surgery or radiation.
- **Hospitalists** are doctors whose focus is the general medical care of hospitalized patients.
- **Advanced practice providers** (APPs) have an advanced degree and work closely with your doctor. They include physician assistants and nurse practitioners.
- **Genetic counselors** are licensed healthcare professionals who specialize in genetic testing for inherited cancer risk.

NURSING PERSONNEL

Our nursing personnel meet the highest standards of care. Infusion Room nurses are part of the Ambulatory Care Department. They help to perform procedures and educate and support patients. During your visit, you may meet many nurses who will tend to your special needs. To clearly communicate their roles, our registered nurses (RNs) wear navy blue scrubs, our licensed practical nurses (LPNs) wear eggplant scrubs, and our clinical and medical assistants wear burgundy scrubs.

- **Nurse navigators** are oncology nurses who help to coordinate your initial care and answer any questions you may have.
- **Ambulatory care nurses** work closely with your doctor and provide nursing care during and between your doctor visits.
- **Infusion nurses** are certified in chemotherapy and have hands-on training and credentialing that allows them to administer infusion therapy to patients.
- **Clinical nurse specialists** provide skilled nursing services and act as a resource to help other nurses solve complex problems.
- **Clinic assistants** work closely with your clinicians to care for you during your visit.
- **Medical assistants** aid RNs in triaging and treating patients in the Infusion Room.

WHAT TO BRING

Many healthcare professionals and patients may be in the Infusion Room at one time. Because of this, the environment may feel overwhelming. We cannot offer patients their own room for infusion, so you may find yourself sitting next to others having treatment at the same time. To help you relax and keep busy, you may bring items with you, such as:

- Electronic devices (such as tablets or cell phones) and headphones
- Puzzles, journals and knitting
- Books and magazines
- Earplugs
- Layers of clothing to adjust to changing body temperatures
- Meals and snacks from home
- Money to buy meals and snacks (Fox Chase offers several food options. **See page 7.**)
- Previously prescribed pain medicines

The Infusion Room has TVs for patients to watch regular programming, educational videos and a relaxation channel. If you don't have your own, our Resource and Education Center can provide you with an iPad for use during treatment. Fox Chase has free Wi-Fi access.

VISITORS

The health and safety of our patients and staff is our top priority. As a result of the COVID-19 pandemic, we continue to make changes to our regular visitor policy. For the most up-to-date information, please visit [FoxChase.org/coronavirus](https://www.FoxChase.org/coronavirus) or call **888-FOX-CHASE (888-369-2427)**.

GETTING READY FOR YOUR INFUSION TREATMENT

TAKING YOUR PRESCRIBED MEDICINE

You should continue taking your regularly prescribed medicines before each of your treatments unless you are told otherwise by your treatment team.

EATING BEFORE TREATMENT

Patients should talk about the type and number of meals with their care team before starting their treatments. It is generally recommended that patients eat small, bland meals before their infusion sessions.

WHEN YOU ARRIVE

When you arrive to the Infusion Room, be sure to sign in for your treatment at the Infusion/Port Check-In desk. We ask that you arrive at least 15 minutes before your scheduled appointment time so that we can seat you and begin your treatment as quickly as possible. Before your first infusion, you will get a patient itinerary. This includes a schedule of your day and more instructions. If you are being treated at the East Norriton location, the process may be different. Please discuss this with your care team.

Your doctor will order blood work before each infusion to check your:

- Red and white blood cell count
- Platelet count
- Electrolytes
- Liver function

In some cases, your blood may be drawn in either the lab or port room before your infusion. Your care team will check the results of your blood work before your treatment. You may wait up to one hour for the results of your blood work. If you have questions, please speak with your care team.



Margaret von Mehren, MD

WAIT TIME

We work to keep your treatments on track and as close to their scheduled times as possible. However, there may be times when you have to wait to begin your infusion session. We suggest that you:

- Do not schedule other appointments on your treatment days
- Ask our schedulers for openings during the least busy times in the Infusion Room
- Schedule healthcare appointments at Fox Chase over two days

Depending on your specific circumstances, your clinic, laboratory, radiology, and infusion visits may be scheduled on the same day or on different days.

LENGTH OF TREATMENT

The length of your treatment depends on the type of drug and therapy you will be having. For questions about your specific treatment, please ask your care team and the Infusion Room nurses.

FOR PATIENTS ARRIVING LATE

We treat patients in the order of scheduled appointment time, not arrival time. For patients who will be arriving more than 30 minutes late for their infusion appointment at the main campus, please call **215-728-2600**. For the East Norriton location, call **610-275-1517**. Depending on the volume of patients that day, we may be able to schedule a later time slot for patients arriving past their appointment time.

FOOD OPTIONS

We offer patients light snacks and refreshments in the Infusion Room. You are also welcome to bring food from home or buy food on our main campus.

- **Fox Chase Cancer Center Cafeteria**
Hours: Monday–Friday, 7am–2pm | Floor 2 of the Center Building
- **Coffee Cart**
Hours: Monday–Friday, 7am–2pm | Floor 1 of the West Building lobby
- **Terrace Café**
Hours: Monday–Friday, 7am–6:30pm; Saturday, 9am–4:30pm; Sunday, 11am–3pm
Floor 1 of the West Building near the West Garage entrance
- **Vending Machines**
Cafeteria, Infusion Waiting Area (near front entrance), Surgical Waiting Area and Radiation Oncology
Vending machines are also available at Temple University Hospital – Jeanes Campus

AUTOMATED TELLER MACHINE (ATM)

An ATM is located on the first floor of the Young Pavilion behind the gift shop.

SIDE EFFECTS AND HOW TO MANAGE THEM

Not all treatments have the same side effects. Because of this, patients experience treatments differently than others. Please talk with your doctor or nurse about the possible side effects of your specific treatment. Your care team is here to support you and help you manage any side effects in the best way possible.

LOSS OF APPETITE/WEIGHT LOSS

Please let your care team know if you have a change in appetite or weight loss during your treatment.

Try these tips:

- Eat small meals often throughout the day.
- Eat foods that are high in protein and calories.
- Use nutritional supplements as directed.

NAUSEA

If you have nausea:

- Eat small meals often throughout the day.
- Take anti-nausea medicine if prescribed by your treatment team (as directed).
- Do not eat foods that are fatty, sweet, spicy or very salty.

Please tell your care team if your nausea or vomiting does not go away with medicine, or if you cannot drink or keep fluids down.

DIARRHEA

If you have diarrhea:

- Eat a low-fiber diet high in protein and calories.
- Follow a BRAT diet: bananas, rice, and toast.
- Do not eat whole grains, seeds, nuts, and foods that are greasy and spicy.
- Stay away from fresh fruits and vegetables.
- Drink lots of fluids, at least 6–8 eight-ounce glasses each day or more if told to you by your treatment team.
- Drink fluids with electrolytes, not just plain water, and stay away from fluids with caffeine.
- Limit or cut out milk and other dairy products.
- Take medicine for diarrhea as directed by your treatment team.

Please let your care team know if you have more than four loose stools over a 24-hour period.

CONSTIPATION

If you have constipation:

- Eat more high-fiber foods.
- Drink at least 6–8 eight-ounce glasses of fluid each day.
- Increase physical activity, if you can.
- Avoid straining.
- Take stool softeners or laxatives as directed by your treatment team.

Please tell your care team if you do not have a bowel movement within a 24-hour period.



Crystal S. Denlinger, MD, FACP

MOUTH AND THROAT CHANGES

Please let your care team know if you have any changes in your mouth and throat because of your treatment. These include:

- Sores or ulcers
- Bleeding
- Dryness
- Redness

Try these tips:

- Clean your mouth 3–4 times a day using a soft toothbrush and mild toothpaste.
- Keep your lips moist by using lip balm, petroleum jelly or other products.
- Do not eat irritating foods (including foods that are acidic, spicy, salty or coarse).
- Eat soft and moist foods that are easy to swallow.
- Rinse your mouth with a mixture of warm salt water and baking soda. (Ask your nurse for instructions on the recipe.)
- Do not use alcohol-based oral hygiene products.
- Stay away from tobacco, alcohol and sugary drinks.

LOW WHITE BLOOD CELL COUNT AND INFECTION

In addition to killing cancer cells in the body, infusion treatments can damage healthy cells. White blood cells help your body fight off sickness and infection. During infusion treatments, you may have less white blood cells in your body. This makes it easier for you to get an infection.

Symptoms of infection include:

- Temperature of 100.5°F or higher
- Sore throat
- Shaking
- Diarrhea
- Chills
- Urinating often and/or burning when you urinate
- Body aches
- Redness, swelling or tenderness, especially around a pimple, wound, sore, ostomy, rectal area or catheter site
- Weakness or tiredness
- Any white patches, ulcers or sores in the mouth
- Very bad cough

If you have any symptoms listed above, call your care team right away. Infections can be very harmful if you are having infusions. If your temperature is 100.5°F or higher, call your doctor right away at **215-728-4300** or **215-728-6900** (evenings, weekends, and holidays).

Tips for preventing infection include:

Bathroom and Hygiene

- Wash your hands after using the bathroom.
- After a bowel movement, wipe yourself from front to back.
- Check with your treatment team before using suppositories or enemas.
- For women:
 - Use pads instead of tampons.
 - Do not douche.
- Rinse your mouth before and after meals.
- Brush your teeth using a soft toothbrush after meals.

Interpersonal Contact

- Stay away from people who have colds, the flu or known infections.
- Do not go to crowded public places.
- Carry hand sanitizer with you at all times and use it often.
- Do not clean pet cages and feces.
- Humidifiers may be used with caution. Be sure to clean filters every day.
- Check with your treatment team before getting immunizations and dental work.
- Stay away from people who recently had “live virus” vaccines.

Cooking and Eating

- Wash your hands before and after touching food and before eating.
- Wash and peel uncooked raw fruits and vegetables.
- Stay away from unpasteurized foods and drinks, including unpasteurized dairy products, cider and juice.
- Cook meat and eggs fully.
- Do not eat raw or undercooked fish and shellfish.
- Do not drink unboiled well water.
- Do not drink or eat miso or tempeh products.
- Do not drink cold or warm maté tea (tea made from the South American yerba maté plant).
- Do not eat raw honey, honey in the comb, raw nuts, or nuts in a shell.

Skin Cut and Scrape Prevention

- Use lotions or oils for dry skin.
- Use lip balm to prevent dry and cracking lips.
- Do not go barefoot around your home.
- Clean cuts and scrapes right away and often with warm water, soap and an antiseptic.
- Use an electric shaver instead of a razor.
- Wear gloves to garden or wash dishes.

BLEEDING

Infusion treatments may lower the amount of platelets in your blood. This can cause you to bleed or bruise more easily. Call your care team right away if you have:

- Bleeding that does not stop after you apply gentle pressure
- Tiny red spots on skin or large, blotchy, black and blue marks
- Increase in bruising or blood-filled spots on the skin
- Coughing or spitting up blood
- Nosebleeds that do not stop after you apply gentle pressure or ice to the bridge of the nose
- Any blood in your urine (dark brown or bright red in color) or stool (black and tarry or bright red in color)
- Any fainting, confusion, or increased shortness of breath



Jennifer S. Winn, MD, MS, and Valerie Heron, RN, OCN

If you are told that your platelet count is low:

- Protect yourself from injury.
- Do not participate in contact sports or activities that could cause injury.
- Apply gentle pressure to bleeding sites.
- Eat soft foods that are not too hot or too cold.
- Use a soft-bristled toothbrush.
- Do not take aspirin or products that contain aspirin, which can make it hard for your blood to clot.
- Check with your treatment team before taking new medicines.
- Use an electric razor to prevent cuts.
- Do not use a suppository or give yourself an enema.
- For women:
 - Use pads instead of tampons.
 - Use water-soluble lubricant before sexual intercourse.

ANEMIA

Infusion treatments may lower your red blood cell count. If your red blood cell count becomes too low, your organs may not get enough oxygen. This may cause symptoms, such as:

- Weakness
- Headache or throbbing pain
- Tiredness
- Ringing in your ears
- Shortness of breath
- Pale skin
- Dizziness
- Trouble thinking clearly

When your red blood cell counts are low, you should:

- Take short rest periods between activities.
- Save your energy to do things that are most important.
- Get enough sleep at night (at least 8–10 hours).
- Slowly change your position when going from lying down to standing up.
- Let others help you with daily tasks.
- Drink plenty of fluids.
- Eat foods high in iron and vitamin C.



Jason A. Incorvati, MD

CANCER-RELATED FATIGUE

After starting your treatment, you may begin to feel an ongoing sense of tiredness or exhaustion. This can be caused by your cancer or treatment and often does not fully go away with rest. This fatigue can make small efforts seem hard and change how you think and feel. You may find you cannot do as many activities as before, and it could become harder to work, be involved with your family, or socialize. Although fatigue is a normal side effect, some symptoms are more worrisome than others. If you have any of the effects below, please let your care team know:

- Dizziness
- Feeling a loss of balance when walking or changing positions
- Falling or hurting yourself
- Trouble waking up
- Trouble catching your breath
- Sudden increase in fatigue

To help manage cancer-related fatigue:

- Exercise several times a week.
- Attend physical therapy sessions.
- Plan rest times into your daily routine.
- Do one activity at a time.
- Try easier and shorter versions of activities you enjoy.
- Keep a diary of when you have more energy and use it to plan your daily activities.
- Save your energy for your most important tasks.
- Figure out what helps you feel less tired and do those activities first.
- Eat healthy foods and drink plenty of fluids.
- Take short naps or breaks, rather than one long rest period.
- Relax for at least one hour before falling asleep.
- Establish a “before sleep” routine to be used every night.
- Join a support group for people dealing with the side effects of infusion treatment.
- Seek treatment for depression, pain, sleep disorders, or other conditions that may be adding to your fatigue.

NAIL INFLAMMATION AND INFECTION

Patients having infusion treatment may become more prone to nail infections. Symptoms include:

- Red and inflamed skin on the sides of the fingernail
- Pus collection around the fingernail

Doctors often treat nail infections with antibiotics or creams. Be sure to tell your care team if you have any symptoms.

To prevent nail infections:

- Do not push back your cuticles.
- If you get a manicure, check with your manicurist to make sure equipment is cleaned properly and ask that it be a gentle manicure (do not go to a manicurist who gives rough manicures).
- Keep your nails as dry as possible, and try not to leave them soaking for long periods of time.
- Wear gloves to wash dishes and do housework.
- Do not use harsh or irritating substances, such as nail polish, nail polish remover and other detergents.

SKIN REACTIONS

Skin reactions are a common side effect of some infusion treatments, including:

- Redness
- Dryness
- Rash
- Acne
- Itchiness

Skin reactions can become severe. If you have any of the symptoms above, tell your treatment team right away. Based on the type of reaction you are having, your care team may prescribe a corticosteroid cream or an antibiotic.

Try these tips:

- Stay away from strongly scented bath products.
- Use perfume- and alcohol-free products with added moisturizers.
- Bathe and shower as briefly as possible in lukewarm water.
- Use lotion after drying off from a bath or shower.
- Do not wear wool and synthetic materials that could cause irritation.
- Humidifiers can be used with caution. Be sure to clean filters daily.
- Stay out of direct sunlight during peak hours of the day (10am–2pm).
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of at least 15 any time you go outdoors.

HOME SAFETY

Chemotherapy leaves the body through urine, stool, vomit and blood. Follow these safety tips to protect you and your family during chemotherapy and for 48 hours after your treatment ends:

- Close the lid before flushing the toilet.
- Flush the toilet twice after using it.
- Wash your hands well with soap and water after using the toilet or cleaning up body fluids.
- Clean bedpans, urinals, commodes or basins with soap and water. Wear disposable gloves.
- Wear disposable rubber gloves when cleaning up urine, stool, vomit, blood, or clothes and linens soiled with body fluids.
- Wash any laundry with body fluids or chemotherapy on it with warm water and separately from other clothing and laundry.
- If chemotherapy gets on your skin, wash the area well with soap and water and let your treatment team know as soon as possible.
- If your eyes come into contact with chemotherapy, flush them right away with a large amount of lukewarm water for at least five minutes and call your treatment team.
- Wash your hands well after cleanup.

For more information on home safety, please talk to your care team.



Matthew R. Zibelman, MD and Kathryn Tumelty, MSN, AOCNP

IF YOU HAVE A MEDICAL EMERGENCY

During weekday daytime hours (Monday–Friday, 8:30am–5pm), call **215-728-4300**. You may talk to someone live, or your call will go to voice mail. Please leave a message with your name, medical record number, date of birth and the reason for your call. Be sure to tell us the best phone number to reach you. A nurse will call you back on the same day.

If you have a medical emergency on an evening or weekend, call **215-728-4300** and press 0 for the main operator, or call the hospital main number at **215-728-6900**.

WHEN TO CALL 911

If you have any of the symptoms below, call 911. If you have any of these symptoms during your infusion appointment, tell your nurse immediately.

- Trouble breathing/shortness of breath
- Chest pain

WHEN TO CALL THE EMERGENCY ROOM

If you have any of the symptoms below, go to the Emergency Room. If you have any of these symptoms during your infusion appointment, tell your nurse immediately.

- Fever
- Unable to eat or drink
- Other uncontrolled or unexpected side effects

Temple University Hospital – Jeanes Campus functions as the Emergency Room for Fox Chase Cancer Center. Please go to Temple University Hospital – Jeanes Campus or to your nearest hospital with an Emergency Room.

DRIVING DIRECTIONS TO TEMPLE UNIVERSITY HOSPITAL – JEANES CAMPUS



**Temple University Hospital –
Jeanes Campus**
7600 Central Avenue
Philadelphia, PA 19111

DRIVING DIRECTIONS TO TEMPLE UNIVERSITY HOSPITAL – JEANES CAMPUS

7600 Central Avenue, Philadelphia, PA 19111

From Pennsylvania Turnpike

Take PA Turnpike to Exit 339 (Fort Washington). After toll booths, take Rt. 309-S (Philadelphia) about 1.2 miles to Rt. 73-E (Flourtown). At end of exit ramp, make a left onto Rt. 73-E. Follow Rt. 73 for 7.2 miles and make a left onto Central Ave., just beyond Burholme Park. Entrance to Temple University Hospital – Jeanes Campus is on the left, about 0.2 mile.

From Route 611

Take Rt. 611 to Rt. 73-E (Township Line Rd.). Take Rt. 73-E about 2.4 miles and make a left onto Central Ave., just beyond Burholme Park. Entrance to Temple University Hospital – Jeanes Campus is on left, about 0.2 mile.

From U.S. Route 1

Take U.S. Rt. 1 to Rt. 73-W (Cottman Ave.). Continue on Rt. 73-W for 2.4 miles and make a right onto Central Ave., just before Burholme Park. Entrance to Temple University Hospital – Jeanes Campus is on left, about 0.2 mile.

From Schuylkill Expressway

Take Schuylkill Exp. to U.S. Rt. 1-N. Stay in outside lanes of U.S. Rt. 1 when road divides. Take U.S. Rt. 1 to Rt. 73-W (Cottman Ave.). Continue on Rt. 73-W for 2.4 miles and make a right onto Central Ave., just before Burholme Park. Entrance to Temple University Hospital – Jeanes Campus is on left, about 0.2 mile.

SURVIVORSHIP CARE

Survivorship care begins at the time of cancer diagnosis and continues throughout the rest of your life. A survivorship care plan is a summary of the treatment you received for your cancer and a plan for your post-treatment follow-up and health.

Your survivorship care plan will be developed by your treatment team and given to you within a year of completion of your cancer therapy. You can keep your care plan for your reference or share it with your other non-cancer doctors so you and your healthcare providers understand what is recommended for your survivorship care.

RESOURCES AND SUPPORT SERVICES

We believe treatment of the whole patient is crucial. Fox Chase offers many support services to address all of your needs—physical, spiritual, and emotional. **For a complete listing, please refer to the Fox Chase Cancer Center Guide for New Patients or visit [FoxChase.org/services](https://www.foxchase.org/services).**

NUTRITION COUNSELING

215-728-2600

Meeting nutritional needs is challenging for some patients. Nutrition-related symptoms may lead to loss of appetite, weight loss, a need for a modified diet texture, dietary restrictions or specialized feeding approaches. Our registered dietitians offer a variety of services, including pre-treatment nutrition advice and monitoring; nutrition evaluation, counseling and recommendations; support through treatment-related side effects; and specialized nutrition assessment and evaluation for feeding tubes (enteral feeding) or intravenous (parenteral feeding).

SOCIAL WORK SERVICES AND SUPPORT GROUPS

215-728-2668

Oncology social workers have specialized training in how to help patients and their families deal with the many life changes that can result from having a chronic disease, such as cancer. They hold a master of social work (MSW) degree and are available to address psychosocial (individual, family, and group counseling/support), cultural, financial, and continuing care needs of patients and their families. Oncology social workers also provide information and education about a variety of issues, such as advance directives, hospice, family leave and disability benefits, lodging, transportation, and cancer-related support programs. Our social workers can also connect you with Fox Chase Cancer Center support groups, as well as other places that offer groups to meet your special needs.

RESOURCE AND EDUCATION CENTER (REC)

For patient information: 215-214-1618 | [FoxChase.org/rec](https://www.foxchase.org/rec) | recstaff@fcc.edu

The Naomi P. and Philip E. Lippincott Resource and Education Center (REC) is a patient and family learning center. We offer accurate information you can trust to all Fox Chase patients and their families, people at high-risk, staff, and the public. Our staff is here to help you learn more about cancer risk, prevention, screening, and treatment, such as clinical trials. If you need support services, we can also refer you to other Fox Chase departments and programs or to local and national organizations.



REC resources include:

- On-site health educators to help you
- Visitor computers with internet access and reviewed websites
- iPads, brochures, books, fact sheets, and newsletters on health and cancer-related topics
- Charging stations for your phones and electronic devices
- Community resources
- Information about other Fox Chase programs, such as the Patient-to-Patient Network and MyFoxChase portal

We offer two convenient locations within the hospital on Floor 1 of the Young Pavilion:

- Young Pavilion hallway near the East Garage entrance
- Women's Cancer Center Lobby (This location is temporarily closed.)

Hours: Monday–Friday, 8am–4pm (Hours may vary due to COVID-19 restrictions.)

IMPORTANT PHONE NUMBERS

| | |
|---|-------------------------------------|
| FOX CHASE INFORMATION LINE | 888-FOX-CHASE (888-369-2427) |
| Admissions | 215-728-2635 |
| Appointments and Scheduling | 215-728-2600 |
| Billing (Hospital and Physician Bills) and Insurance | 888-378-0357 |
| Care Connect | 215-728-3536 |
| Clinical Trials | 215-214-1515 |
| Compliance/HIPAA Privacy Hotline | 800-910-6721 |
| Contacting Your Care Team | |
| Nurse Phone Triage | 215-728-4300 |
| <i>Medical questions, Monday–Friday, 8:30am–5pm (speak to a registered nurse)</i> | |
| After-Hours Hotline for Urgent Medical Issues | 215-728-6900 |
| <i>Urgent medical issues and questions after hours, weekends and holidays</i> | |
| <i>(ask for the nursing supervisor)</i> | |
| Diagnostic Imaging (Radiology) | 215-728-3879 |
| Endoscopy, Minor Procedure, Bronchoscopy (EMB) Suite | 215-214-1460 |
| Financial Counseling/Assistance Programs | 215-728-2678 |
| Fox Chase Cancer Center East Norriton – Hospital Outpatient Center | 610-275-1517 |
| Lost and Found (Security) | 215-214-1601 |
| Medical Records Department | 215-728-2640 |
| Nutrition Counseling | 215-728-2600 |
| Operator | 215-728-6900 |
| Outpatient Pharmacy | 215-728-3178 |
| Pastoral Care | 215-728-2944 |
| Patient Advocacy Line | 215-728-3063 |
| Physical Medicine and Rehabilitation Department | 215-728-2592 |
| Pre-Admission Testing | 215-728-2566 |
| Psycho-Oncology and Psychosocial Support Programs | 215-214-3940 |
| Resource and Education Center (REC) | 215-214-1618 |
| Respiratory Care | 215-728-3515 |
| Risk Assessment Program/Genetic Testing | 877-627-9684 |
| Social Work Services Department/Support Groups | 215-728-2668 |
| Speech Pathology Department | 215-728-2592 |
| Supportive Oncology and Palliative Care Program | 215-728-3544 |

You will be asked if you prefer that your health care be provided in a language other than English. If so, we will arrange for an interpreter for you or other appropriate means to enhance your communication with us.

Le preguntarán si prefiere que se le brinde atención médica en un idioma distinto del inglés. En dicho caso, tomaremos las medidas necesarias para proporcionarle un intérprete u otro medio que resulte adecuado para mejorar nuestra comunicación con usted.

Вас спросят, хотели ли бы вы получать медицинское обслуживание не на английском языке. Если это так, мы пригласим для вас переводчика или найдем другие способы улучшить общение с вами.

我们会问您，是否希望我们以英语之外的其他语言提供医疗服务。如果您回答是，我们会为您安排口译员或其他适当方式，以便强化您与我们的交流。

